

Table S1. Characteristics of women participants by department.

Variable	Department										P-value
	All		Antioquia		Bolívar		Cordoba		Sucre		
Age Group	$\bar{x}$ or %	95% CI	$\bar{x}$ or %	95% CI	$\bar{x}$ or %	95% CI	$\bar{x}$ or %	95% CI	$\bar{x}$ or %	95% CI	0.356
<18	12.4	9.6–15.9	11.3	5.5–17.1	8.8	3.5–14	15.4	8.8–21.9	14.6	6.9–22.4	
18–29	21.5	17.8–25.6	22.6	14.9–30.3	21.1	13.5–28.6	23.9	16.1–31.7	17.1	8.9–25.3	
30–49	40.9	36.3–45.6	45.2	36.1–54.4	45.6	36.4–54.8	32.5	23.9–41.0	40.2	29.5–50.9	
50–59	16.1	12.9–19.9	10.4	4.8–16.1	14.0	7.6–20.5	21.4	13.9–28.8	19.5	10.8–28.2	
≥60	9.1	6.7–12.2	10.4	4.8–16.1	10.5	4.8–16.2	6.8	2.2–11.4	8.5	2.4–14.6	
Biological Matrices											
Mercury in blood µg/L *	3.3	1.6–7.6	4.1	2.2–7.9	1.6	0–4.1	5.4	3.1–11.2	2.9	1.6–7.5	<0.001
Urine mercury µg/L *	6.0	4.3–11.1	9.3	5.2–32	6.9	4.3–9.9	5.2	3.8–9.5	5.2	3.6–6.5	<0.001
Mercury in hair µg/g*	1.2	0.7–2.2	1.0	0.6–1.7	1.1	0.6–1.6	1.7	1.0–2.7	1.2	0.7–2.2	<0.001
Education											
Primary	41.7	37.1–46.4	36.5	27.6–45.4	38.9	29.9–47.9	45.3	36.2–54.4	47.6	36.6–58.5	0.034
High school	29.7	25.6–34.2	29.6	21.2–37.9	28.3	19.9–36.7	26.5	18.4–34.5	36.6	26.1–47.1	
Technical /University/ Postgraduate	27.8	23.8–32.3	33.9	25.2–42.6	30.1	21.6–38.6	28.2	19.9–36.4	15.8	7.9–23.8	
Occupation											
General services	8.2	5.6–11.7	10.4	4.8–16.1	NA		8.7	3.5–13.9	4.9	0.2–9.6	<0.001
Administrative	9.4	6.7–13.2	15.6	8.9–22.3			4.3	0.6–8.1	8.5	2.4–14.6	
Business	4.7	2.8–7.7	6.1	1.7–10.5			NA		9.7	3.2–16.2	
Nursing Assistant	9.4	6.7–13.2	8.7	3.5–13.9			15.6	8.9–22.3	2.4	0.9–5.8	
Homemaker	40.3	34.9–45.8	31.3	22.7–39.8			44.3	35.2–53.5	50.0	39.2–60.9	
Others	16.7	12.9–21.1	16.5	10.7–23.4			16.5	10.7–23.4	18.3	9.8–26.7	
Consumption Habits											
Alcohol	40.7	36.1–45.4	39.1	30.1–48.1	53.2	43.8–62.5	35.9	27.1–44.6	32.9	22.7–43.2	0.082
Cigarette	5.4	3.6–8.0	5.2	1.1–9.3	8.1	2.9–13.2	6.9	1.9–11.9	NA		0.034
Vitamins	46.9	42.2–51.7	37.4	28.5–46.3	54.4	45.2–63.6	43.6	34.5–52.6	54.9	44.0–65.7	0.025
Background											
Presence of at least one disease	18.9	15.5–22.9	21.7	14.1–29.3	22.8	15.0–30.6	14.5	8.1–20.9	15.8	7.9–23.8	0.297
Source of Water Consumption											
Tap	41.1	36.5–45.9	75.7	67.8–83.6	22.8	15.0–30.6	23.9	16.1–31.7	42.7	31.9–53.5	<0.001
Large bottle	6.8	4.7–9.6	14.8	8.2–21.3	1.7	0.7–4.2	5.1	1.1–9.2	4.9	0.2–9.6	
River	15.9	12.7–19.7	2.6	0.3–5.5	23.7	15.8–31.5	6.8	2.2–11.4	36.6	26.1–47.1	
Well	30.1	25.9–34.7	6.1	1.7–10.5	34.2	25.4–42.9	64.1	55.3–72.9	9.8	3.3–16.2	
Other	6.0	4.1–8.8	0.9	0.8–2.6	17.5	10.5–24.6	NA		6.1	0.9–11.3	
Fish Consumption Frequency											
Never	4.4	2.8–6.9	10.4	4.8–16.1	0.9	0.8–2.6	3.4	0.1–6.7	2.5	0.9–5.9	<0.001
Once/month	32.5	28.2–37.2	49.6	40.4–58.8	28.1	19.8–36.4	35.9	27.1–44.7	9.9	3.3–16.4	

Once/week	27.2	23.1–31.6	24.3	16.4–31.2	27.2	18.9–35.4	24.8	16.9–32.7	34.6	24.1–45.0	
2–4 times/week	27.6	23.6–32.1	13.9	7.5–20.3	35.1	26.3–43.9	25.6	17.7–33.6	39.5	28.8–50.2	
Daily	8.2	5.9–11.2	1.7	0.7–4.1	8.8	3.5–14.0	10.3	4.7–15.8	13.6	6.0–21.1	
<b>Prevalence of High Mercury Values (in any matrix)</b>	62.8	58.1–67.3	57.4	48.3–64.5	55.3	46.1–64.4	77.8	70.2–85.4	59.8	49.0–70.5	0.001
<b>Symptoms</b>											
Metallic Taste in the Mouth	15.6	13.3–20.4	17.4	10.4–24.4	4.4	0.6–8.2	21.4	13.9–28.8	25.6	16.1–35.1	<0.001
Salivation	21.7	18.1–25.9	16.5	9.7–23.4	14.0	7.6–20.5	24.8	16.9–32.7	35.4	24.9–45.8	0.001
Loss of Appetite	39.9	35.4–44.7	33.0	24.4–41.7	39.5	30.4–48.5	39.3	30.4–48.2	51.2	40.3–62.1	0.084
Weight Loss	31.1	26.8–35.6	25.2	17.2–32.2	38.6	29.6–47.6	35.9	27.1–44.7	21.9	12.9–30.9	0.025
Hair Loss	49.3	44.6–54.0	30.4	21.9–38.9	45.6	36.4–54.8	64.9	56.2–73.7	58.5	47.8–69.3	<0.001
Tremors	33.9	29.5–38.5	34.8	26.0–43.6	36.8	27.9–45.8	25.6	17.7–33.6	40.2	29.5–50.9	0.138
Insomnia	49.8	45.0–54.5	66.1	57.4–74.8	30.7	22.2–39.2	36.8	27.9–45.6	71.9	62.1–81.8	<0.001
Nervousness	37.6	33.1–42.3	33.9	25.2–42.6	32.5	23.8–41.1	43.6	34.5–52.6	41.5	30.7–52.2	0.235
Depression	32.9	28.6–37.5	11.3	5.5–17.1	47.4	38.1–56.6	44.4	35.4–53.4	26.8	17.2–36.5	<0.001
Palpitations	46.0	41.3–50.8	31.3	22.8–39.8	55.3	46.1–64.5	47.0	37.9–56.1	52.4	41.5–63.3	0.002

Proportion is presented for qualitative variables and mean for quantitative variables. In some cases, \*median and Interquartile Range (IR) are presented, owing to the asymmetric distribution of the variable. NA: no observations.

**Table S2.** Concentration of mercury levels in the evaluated matrices, grouped according to type of exposure.

Variable	Occupational						Environmental					
	Blood		Urine		Hair		Blood		Urine		Hair	
	Median	IR	Median	IR	Median	IR	Median	IR	Median	IR	Median	IR
<b>All</b>	6.9	2.1–13.6	14.0	5.2–26.5	2.3	1.2–3.2	3.1	1.5–7.3	5.6	4.1–9.6	1.2	0.6–2.1
<b>Age group</b>												
<18			NE				2.3	1.4–4.5	9.3	5.1 – 15.0	1.4	0.8–2.2
18–29	7.1	0–27.9	17	14.0–32.0	1.6	0.9–2.9	2.8	1.6–6.3	5.6	3.8–10.7	1.1	0.7–1.7
30–49	4.3	2.1–8.1	12.3	4.7–24.2	1.7	1.2–3.6	3.3	1.6–6.6	5.7	3.8– 8.9	1.2	0.6–2.1
50–59	11.8	5.7–23.2	8.5	5.2–14.0	2.8	2.3–3.0	4.5	1.6–9.4	5.0	4.2– 6.2	1.3	0.7–2.6
≥ 60			NE				2.9	1.0–5.6	6.0	3.8–10.0	1.0	0.5–1.8
<b>Enrollment in the government health system</b>												
Contributive	10.3	6.9–23.2	22	14.0–32.0	1.9	1.5–3.6	3.4	1.9–6.4	6.6	4.0–10.0	0.9	0.6–1.4
Subsidized	4.3	1.3–7.6	5.3	4.5–17.0	2.3	1.1–3.2	2.9	1.5–7.1	5.5	4.1–8.8	1.2	0.7–2.3
No-affiliation			NE		1.7	0.7–2.8	11.9	4.1–28.5	6.8	4.5–9.6	2.2	1.5–7.4
<b>Department</b>												
Bolivar	0	0–1.3	8.0	3.9–22.0	1.2	0.7–1.5	1.7	0–4.2	6.2	4.7–9.7	1.1	0.6–1.9
Sucre	2.7	0.7–4.3	5.3	2.7–17.0	1.1	0.8–2.5	2.9	1.6–8.6	5.1	3.6–6.5	1.2	0.7–2.2

Antioquia	15.3	8.3–33.3	25.7	5.4–52.7	3.0	1.6–3.6	3.1	2.0–6.7	8.8	4.8–27.0	0.9	0.5–1.5
Cordoba	7.3	4.9–11.8	14	7.0–15.0	2.4	1.7–3.2	5	2.8–10.8	4.5	3.6–6.9	1.6	0.9–2.6
<b>Education</b>												
Primary	6.9	2.6–9.8	7.6	4.7–22.0	1.9	1.2–3.2	4.1	1.6–10.2	5.3	3.8–7.7	1.4	0.7–2.5
High school	6.3	0.7–27.9	19.5	6.1–52.7	2.5	1.1–3.0	2.5	1.4–5.7	8.6	4.8–15.0	1.2	0.7–1.9
Technical/University/ Postgraduate	8.1	1.0–10.3	14.0	8.0–14.0	2.0	1.5–3.0	3.0	1.7–5.3	5.6	3.6–10.0	0.9	0.6–1.4
<b>Symptoms</b>												
Metallic taste in the Mouth	4.7	2.1–7.6	14.0	5.0–22.0	1.7	1.2–2.4	4.8	1.9–9.2	4.5	2.8–5.9	1.4	0.8–2.8
Salivation	7.1	4.2–12.1	14.5	5.0–25.0	2.3	1.5–2.5	3.6	1.6–7.7	4.6	3.2–6.0	1.5	0.9–2.5
Loss of Appetite	4.1	1.3–6.9	8.0	4.5–25.0	1.5	0.8–2.5	2.7	1.5–6.9	4.9	3.7–6.5	1.2	0.7–2.2
Weight Loss	2.1	0.7–12.1	15.0	5.0–22.0	1.3	0.8–2.3	3.1	1.5–8.2	5.6	4.3–8.9	1.3	0.7–2.6
Hair Loss	4.3	1.3–8.1	12.0	5.3–23.5	1.6	1.1–2.8	3.1	1.5–7.9	5.3	3.7–8.3	1.2	0.7–2.1
Tremors	6.9	1.3–15.3	14.5	5.0–25.0	1.5	1.2–2.5	2.4	1.3–8.1	5.6	4.0–9.8	1.2	0.8–2.4
Insomnia	6.9	2.1–15.3	10.0	5.0–32.0	2.5	1.5–3.2	3.1	1.7–7.3	5.6	4.2–10.0	1.1	0.7–1.9
Headache	5.7	1.3–8.2	10.0	5.0–22.0	1.7	1.2–2.9	3.0	1.5–7.5	5.5	3.6–8.3	1.2	0.7–2.2
Palpitations	3.3	0–8.2	14.0	5.0–22.0	1.7	1.1–2.5	2.9	1.4–7.6	5.4	3.9–8.6	1.2	0.7–2.4
IR:	interquartile	range,	NE:	non-estimable	due	to	low	number	of	observations.		

**Table S3.** Logistic regression models for high levels of mercury in all biological matrices and for each matrix.

Covariate	OR	95% CI	P-value
<b>High Mercury in any of the Matrices</b>			
Age			
>18		Reference	
18–29	0.7	0.2–2.6	0.607
30–49	0.4	0.1–1.7	0.249
50–59	0.9	0.2–3.8	0.932
≥60	0.3	0.1–1.4	0.127
Water source			
Tap		Reference	
Large bottle	1.8	0.7–4.6	0.200
River	1.7	0.7–4.1	0.208
Well	3.6	1.9–6.9	<0.001
Others	2.1	0.3–13.2	0.433
Education			
Primary		Reference	
High school	0.8	0.4–1.7	0.665
Technical/University	1.0	0.4–2.6	0.960
Fish consumption frequency			
Never		Reference	
Once/month	3.7	1.1–12.8	0.034
Once/week	4.5	1.3–15.7	0.017
2–4 times/week	6.9	1.9–24.6	0.003
Diary	16.6	3.0–90.9	0.001
Occupation			
General services		Reference	
Administrative	0.7	0.2–2.7	0.639
Business	1.2	0.3–5.7	0.789
Homemaker	0.9	0.3–2.7	0.934
Nursing assistant	0.2	0.1–0.9	0.040
Others	0.3	0.1–1.2	0.092
<b>High mercury in blood*</b>			
Fish consumption frequency			
Never		Reference	
Once/month	1.6	0.3–9.8	0.559
Once/week	1.4	0.2–8.1	0.724
2–4 times/week	2.4	0.4–14.0	0.349
Daily	3.8	0.6–26.3	0.175
<b>High mercury in urine*</b>			
Fish consumption frequency			
Never		Reference	
Once/month	0.4	0.0–3.4	0.427
Once/week	0.3	0.0–2.3	0.258
2–4 times/week	0.2	0.0–2.0	0.177
Daily		NE	
<b>High mercury in hair*</b>			
Fish consumption frequency			
Never		Reference	
Once/month	5.5	1.3–22.7	0.019
Once/week	7.9	1.9–33.2	0.005
2–4 times/week	11.2	2.6–48.2	0.001
Daily	33.7	5.3–215.6	< 0.001

\*Adjusted for age, source of drinking water, education, and occupation. NE: not estimated, OR: Odds Ratio estimation.